MR. C. V. CHANDRASEKHARAN: No, I think, if my memory serves me right.

Maramat Works.

128. ✻MR. PULIYOOR T. P. VELAYUDHAN PILLAI: Will the Government be pleased:

(*a*) to state whether there was a separate Maramat Executive Engineer to supervise and control the Maramat works in the State;

(*b*) to state when a separate Maramat Division was created and abolished and the reasons for its creation and abolition; and

(*c*) to place on the table a copy of the G. O. sanctioning the creation of a separate Maramat Division?

MR. I. C. CHACKO: (*a*) Yes.

(*b*) Maramat Division was created on 1-1-1097 and abolished on 10-1-1113. It was created for the prosecution of Maramat works and was abolished as a measure of economy.

(*c*) A copy of the G. O. is placed on the Secretary's table.

The Director of Yogic Culture.

129. ✻MR. PADIYARA JOSEPH KUNJU: Will the Government be pleased to state whether the individual appointed as the Director of Yogic Culture under the University is now in service?

MR. C. V. CHANDRASEKHARAN: Yes.

MR. PADIYARA JOSEPH KUNJU: Director of Yogic Culture എന്ന ഒരു ഉദ്യോഗമുള്ളതായി കാണുന്നു. അദ്ദേഹത്തിന്റെ ജോലി എന്താണെന്നു പറയുമോ?

MR. PADIYARA JOSEPH KUNJU: സർ, ഇതെനിക്കു ശരിയായി മനസ്സിലായില്ല.

MR. C. V. CHANDRASEKHARAN: He is conducting classes in Yogasanas and other indigenous forms of physical exercise.

MR. PADIYARA JOSEPH KUNJU: പൌരസ്ത്യമായ കായികപരിശീലനത്തിനു ഒരാളേയും പാശ്ചാത്യകായികപരിശീലനത്തിന് മറൊരാളേയും നിയമിച്ചിട്ടുണ്ടെന്നാണോ ഇതിൽനിന്നും മനസ്സിലാക്കേണ്ടതു്?

PRESIDENT: The answer is that this gentlemen is doing exactly what other directors of physical culture are doing. Other directors of physical culture are using European methods such as drill, gymnastics and ball-games. This gentleman is teaching students physical exercise based on what is called Indian or indigenous method of culture, namely, in asanas, breathing exercises and so forth.

MR. PADIYARA JOSEPH KUNJU: ഈ സംഗതിയിൽ അദ്ദേഹത്തെ സഹായിക്കാൻ ആരെല്ലാം ഉണ്ടു്?

MR. C. V. CHANDRASEKHARAN: Yes, Sir. There is a Director of Physical Education and there are Physical Instructors under him who are providing facilities for educating students according to Western methods of physical exercise.

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MR. PADIYARA JOSEPH KUNJU: ഈ പ്രസ്ഥാനത്തിന്റെ ഫലങ്ങൾ എന്തെല്ലാം എന്നറിയിക്കാൻ ദയവുണ്ടാകുമോ ?

PRESIDENT: After considerable experience of this kind of exercise I can say that it is not possible to get quick results because a person has to undergo about 10 or 15 years of training before he can get the requisite suppleness of body.

MR. P. SIVARAMA PILLAI: May I know whether it has succeeded and whether it is done in other colleges also ?

MR. C. V. CHANDRASEKHARAN: It is too early to say that.

MR. P. SIVARAMA PILLAI: How many students are undergoing training now ?

MR. C. V. CHANDRASEKHARAN: About 60 to 70 students are frequenting the classes.

MR. M. R. NARAYANA PILLAI: Is it true that the Director of Physical culture is being sent away to the High Schools ?

MR. C. V. CHANDRASEKHARAN: Yes, that is the proposal, because we are getting down from Bombay another highly qualified Director of Yogic Culture and the present Director is therefore being sent to the High School classes.

PRESIDENT: I think it is better to make this matter clear. This system of exercise depends upon very careful physical examination. Every student is not equally fit for it. Unless actual medical examination is conducted, you cannot know whether a particular person is fit for this course. If a person who is not fit for it embarks upon it certain physical harm may possibly result. Added to it, as there is no general acquaintance with the results and benefits derived from this kind of exercise, which has been out of use in India for many decades, it has been considered necessary that the best possible precautions and equipment should be insisted on. There is a fine institution in Bombay where medical graduates are taking part in the practical and theoretical study of yogic culture. Every student who undertakes this course is examined medically before the exercise and after the exercise. Periodically, there takes place further medical examination in respect of blood pressure, the response of the lungs, the response of the various muscles These results are recorded and registers are maintained so that it might be seen what good results from this kind of exercise week after week and month after month. Such an institution, under the auspices of the Bombay Government has been going on for 10 or 15 years and the results have been very hopeful. They have turned out hundreds of men and women, some of whom have been cured of chronic ailments, such as, dyspepsia and other stomach and intestinal complaints by resorting to these exercises in preference to ordinary medical treatment. On that basis the experiment has been going on for many years. The head of the institution came here and he was invited to send somebody who might supervise the exercise and keep a record and to train teachers. For 2 years a person has been deputed to Trivandrum, and the present Director of Physical Culture will do work in the Education Department in selected High Schools and Middle Schools in the State. That is the real history of the matter.

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